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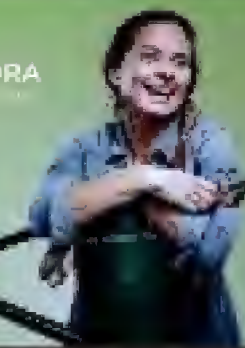
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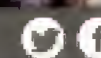
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Your essential daily news |

TUESDAY, FEBRUARY 23, 2016

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Alex Court of Native Roofs has initiated a
pilot project to reclaim native prairies in a
creative way. AARON CHATHA/METRO



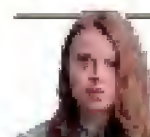
LITTLE PRAIRIE ON THE HOUSE

A green solution to help beautify Calgary,
save money for homeowners **metroNEWS**

Uber won't pick up city

TRANSPORTATION

Rideshare bylaw
passes, but app
will not work here



Helen
Pike
Metro | Calgary

Rideshares will be able to operate legally
in Calgary come April 4, but the indus-
try's biggest player says they won't be
here to take on fares.

On Monday, Calgary's council debated
changes to the city's livery bylaw that
would see a hybrid open-and-closed
system where both taxis and vehicles
for hire would operate.

The bylaw, which was similar to one
passed earlier this year in Edmonton
— aside from tweaks to background
checks, maintenance inspections and
the proposed fee structure — was passed
with two minor and one major amend-
ment that would see drivers get mech-
anical inspections at least once per year.

As rosy as the rules seem, they re-
ceived a thorny response from indus-
try heavyweight, Uber. After the city's
bylaw was passed the rideshare giant
announced they wouldn't be setting
up shop in Calgary.

"The bylaw that's passed will make
sure ridesharing will not come back
to Calgary," said Ramit Kar, general
manager for Uber Alberta. Kar added
the process was rushed and tries to fit
ridesharing into a taxi model, where
drivers have to pay hundreds before
getting on the platform.

"It breaks the whole model," said
Kar. "Ridesharing wouldn't be a reliable
product, it wouldn't be able to bring on
enough drivers to support the demand
of the product, and quite frankly it
would bring prices up."

Mayor Naheed Nenshi said Uber is
crying wolf.

"This is very much their script. They
were complaining that the cost is too
much; we just took out a huge chunk
of the cost by moving from semi-annual
to annual. Obviously the real issue here
is the fee," said Nenshi.



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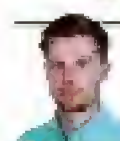


Your essential daily news Many coffee lovers will spend more to earn freebies under Starbucks' changed rewards program. **Business**

Syrian refugee family home in northeast struck by bullet

CRIME

Occupants were not the intended target: Police



Jeremy Simes
For Metro | Calgary

It's the last thing this Syrian refugee family wanted.

On Sunday afternoon, a bullet pierced Aisha Albirani's bedroom window, hitting a wall to her right. Aisha, 12, was making her bed at the time.

"She screamed; it could have killed her," said Nazha Elhederi, a friend of the Albiranis. Elhederi was translating for Aisha's uncle, Khalil.

"They feel really unsafe. They just came from war. To them, they've been running away from those bombings. They've run away from (Syria) for a better life and peace, and look what happened."

On Monday, the Calgary Police Service (CPS) confirmed a bullet was found in the wall of a girl's room at the 1800 block of 38th Street N.E. in Rundle.

Khalil said he didn't hear the shot, suggesting the shooter might have used a silencer on the weapon. That detail wasn't confirmed by CPS.

The Albiranis had just begun to settle in Calgary, leaving their



The bullet hole in the bedroom window of the multi-unit residence, where 12-year-old Aisha Albirani was making her bed at the time of the Sunday shooting. JEREMY SIMES/FOR METRO

war-torn homeland of Syria. They moved into the Rundle home about 15 days ago.

In fact, Aisha lost her dad in the Syrian conflict — he was a



They were happy to be settled ... but because of this situation that happened, it's a bad memory.

Nazha Elhederi

victim in a bombing.

"She's orphaned," Elhederi said. "There's six kids orphaned that we're trying to take care of right now."



Family friend Nazha Elhederi, left, and Aisha's uncle Khalil Albirani. JEREMY SIMES/FOR METRO

CPS said it believes the gunshots were targeted, though not at the family or girl. The incident occurred in a multi-suite residence.

Elhederi said the gunman was likely targeting some person who lives in the residence's basement suite.

"Every day I see a different guy, different faces," she said.

She said the Albiranis have been on the hunt for another home to rent.

"They were happy to be settled and everything but, because of this situation that happened, it's a bad memory for them."

Aisha now won't sleep in the home and neither will her aunt.

"They're both scared," Elhederi said. "I'm trying to take (Aisha) to my house because I have a daughter who's the same age, so she can feel comfortable and forget what's happened."

Aisha's aunt plans to stay with her mom who lives nearby.

"God loves this girl," she said. "It was so close."

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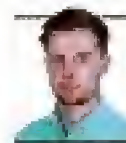
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New beds to help treat addiction

ANNOUNCEMENT

Cots coming in anticipation of next mental health review



Jeremy Simes
For Metro | Calgary

Alberta Health has announced plans to create new addiction-treatment beds in the province as part of its mental-health review, including three new social detoxification beds for children and youth in Calgary.

The review includes 32 recommendations aimed at supporting mental health by strengthening service delivery for Albertans with mental illness and addictions, according to the government. The mental-health review was one of the government's first actions after taking office in spring 2015. NDP MLA Danielle Larivee and Liberal Leader David Swann co-chaired the panel.

The government will address six priorities immediately.

In total, the plan calls for 40



Health Minister Sarah Hoffman announces new addiction-treatment beds at a Monday press conference. JEREMY SIMES/FOR METRO

new detox beds.

The cost to implement the six priorities rings in at \$4.5 million. Hoffman said the remainder of the 32 recommendations will be implemented when time and finances allow for it. "We're going to make progress

because we can't afford not to," health minister Sarah Hoffman told reporters on Monday at the Hull Services campus.

Proposals that are about a year away include increasing mental health services through primary networks, enhancing

mental health and addiction support in schools and expanding police crises teams to more communities.

It also calls for long-term action that will see the fentanyl epidemic studied.

Tyler White, CEO of Siksika

Health Services and panel member, said the fentanyl crisis is part of a broader problem.

"A narrow focus on fentanyl without regard for the broader opiate use will surely fail," he said. Swann said he's confident the government will commit to the other recommendations, but will be watching from the opposition benches to see the them acted upon.

The government has felt the crunch of low oil, prompting the ministry to look at reshuffling spending to pay for the recommendations.

There's no price tag associated with the 32 recommendations, yet, though Hoffman noted some items in the plan have high costs.

Wildrose health critic Drew Barnes said he's pleased with what's in the review, though he said he would've liked the government to implement more than six immediate recommendations. He said he thinks there's enough resources to be reshuffled to meet spending requirements for mental health.

Numerous mental health organizations across the province applauded the government's review.

+ SIX PRIORITIES

- 1 Adding medical detox beds for adults, including six to eight new beds in Lethbridge and 20 in Red Deer
- 2 Expanding access to addiction treatment by opening three new social detox beds for youth in Calgary — a 50 per cent increase — at Hull Services
- 3 Launching a child and youth mental-health website
- 4 Working with indigenous communities to develop an opiate addictions action plan
- 5 Creating a performance tracking system for mental health
- 6 Establishing an addiction and mental-health implementation team to co-ordinate implementation of the report JEREMY SIMES/FOR METRO

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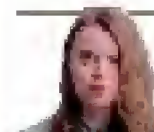
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DEBATE

Nenshi on fluoride: Plebiscite could be an option in 2017



Helen Pike
Metro | Calgary

As dentists and parents bare teeth around the recent resurfacing of Calgary's fluoridation debate, Mayor Naheed Nenshi urges those who feel strongly to seek a plebiscite.

Last week Alberta Health Services' Medical Officer of Health Dr. Richard Musto urged council to go back to the drawing board and re-introduce fluoride into Calgary's drinking water. Musto's comments came after a local independent study by the University of Calgary found the removal of fluoride in water had a negative impact on children's health.

The study — conducted by researchers from the University of Calgary, University of Alberta and AHS — found cavity rates increased in Calgary since the city discontinued the fluoridation of drinking water in 2011.

The mayor, who last week was reported absent from a 2011 vote to remove fluoride from city water, clarified he was there for the debate and voted against the move at that time. Given the chance today he said he'd like to see the chemical returned to city water.



Mayor Naheed Nenshi addresses reporters in front of Calgary City Council chambers. METRO FILE

Today, based on the science we got, I would vote on putting it back.

Mayor Naheed Nenshi on fluoride in Calgary's water

"I voted against taking it out and I was very much in favour of engaging more science on this," said Nenshi. "Today based on the science we got I would vote on putting it back, but I really would like to see a bigger lit study."

Coun. Richard Pootmans, who

also voted not to remove public water fluoridation, said he doesn't see the issue coming back to council anytime soon.

"The real test would be, do we have courage to go forward with a referendum, which would be binding," said Pootmans.

Nenshi said although it may not be a political discussion in Calgary for some time, residents are welcome to their concerns.

"I have said many times to dentists and others who have been concerned about this that if you really want to get this onto the ballot in 2017 there is a process to get a plebiscite done," added Nenshi.

ANIMAL WELFARE

Convicted pet abuser breaches probation

A convicted animal abuser has been sentenced to 34 days in prison for breaching his probation.

The court heard Nicolino Camardi, who has a lifetime ban on having pets, took in his neighbour's cat and dog last month.

Court heard Camardi, who is 20, had agreed to take in the pets so they could spray their home for bedbugs.

The animals found in his home were in good health.

Camardi was on probation after being convicted of two counts of wilfully causing pain and suffering to an animal.

THE CANADIAN PRESS

AVALANCHE

Victim identified as Calgary firefighter

The family of a man killed in an avalanche on Saturday released a statement Monday.

Nick Roberts was a Calgary firefighter and a member of Calgary Firefighters Association IAFF Local 255.

In a statement, his fiancée described Roberts' love for the mountains and his extensive training in Avalanche Safety.

"Nick loved those mountains," she said. "He told me many times that if he had to die young he would want it to be in the mountains. Nick lived for his weekend sledding trips and loved every minute of it." METRO

NDP going ahead with private event

POLITICS

Spokesperson says fundraiser cleared by ethics commissioner

Alberta's governing New Democrats are going ahead with a pricey private event with the premier that was pitched discreetly to select people.

Cheryl Oates, spokeswoman for Premier Rachel Notley, confirmed Monday that the one-hour availability with the premier ahead of a general fundraiser this week was cleared by the ethics commissioner.

Oates declined to give details and said further comment would have to come from NDP party boss Chris O'Halloran.

O'Halloran told The Canadian Press earlier Monday that the private event had been cancelled. He could not be reached after the premier's office said that was not the case.

The general fundraiser Tuesday is being held at the Art Gallery of Alberta in downtown Edmonton.

It was promoted on the party's website as offering people a chance to mingle with the premier and NDP members of the legislature at a cost of \$250 a ticket.

An event costing \$1,000 a ticket is giving people access to the premier and the same MLAs for an hour before the main fundraiser, but in a separate room of the art gallery.

Anyone buying the pricier ticket automatically gains entrance to the \$250 event. It was not widely advertised.

The event was pitched one-



Opposition parties are criticizing the NDP for holding a fundraiser with access to Premier Rachel Notley as part of the ticket price. THE CANADIAN PRESS

on-one to select people through "phoning, e-mails, conversations," O'Halloran said.

"It would have been more time ... and give people more time to share their opinions and feelings."

He did not say why the event was cancelled, but denied that the party was concerned it could be perceived as selling access to Notley and other NDP decision-makers.

"We decided not to move for-

ward with it," he said. "That was a decision we made as a party."

He said the decision had been made recently and that ticket-holders would be offered refunds.

An hour after O'Halloran's comments, Notley's office said the event was on and had never been cancelled.

Oates said ethics commissioner Marguerite Trussler confirmed both fundraising events do not violate Alberta's Conflicts of Interest Act. THE CANADIAN PRESS

CALGARY GREENWAY

Expected byelection has parties scrambling

Alberta's opposition parties say Premier Rachel Notley needs to show more respect for the democratic process when it comes to calling a byelection for Calgary Greenway.

Notley is expected to announce Tuesday a byelection that would send voters in that constituency to the polls March 22.

The NDP named its candidate on the weekend and opposition parties are set to nominate theirs over the next two weeks.

Jeremy Nixon, executive director for the Wildrose party, confirmed the party will move their nomination up from March 5 to this Friday, although logistics have not been finalized.

The byelection is to elect a member of the legislature to replace Progressive Conservative Manmeet Bhullar, who was killed in a car crash last November.

Jason Nixon, the Wildrose critic on democracy and accountability, said Notley is offside with the byelection call.

"Let's be clear. The opposition parties avoided rushing into our nomination process this time out of respect for our colleague Manmeet Bhullar's family," said Nixon.

He said it is particularly disrespectful toward the PCs, given the death of one of their members.

The Progressive Conservatives are set to nominate their candidate on Saturday.

Troy Wason, the PC party's executive director, said the Calgary-Greenway board is to decide if it will stick with that date.

Notley's spokeswoman, Cheryl Oates, said no one has been caught unaware.

"All parties have had months to prepare for this, whether or not they knew the exact date the byelection would be called," said Oates. THE CANADIAN PRESS

EVENT FUNDING

Notley's NDP has had problems over party funding tied to government events since its first days in office.

Last May, the party was criticized for trying to raise money at the swearing-in of Notley and her cabinet.



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EDUCATION

Teachers asking for exams to be torn up

Teachers don't believe the new Grade 3 Student Learning Assessment exams are benefiting their kids — so much so that officials are suggesting the exam be rebuilt from the ground up.

The SLAs are meant to replace the old Provincial Achievement Tests. They're conducted online and earlier in the semester, on the basis that the results can help parents to see areas their kids are strong in, and need more work.

Teachers can use it to enhance instruction of their kids, and Albertans are assured the education system is meeting the needs of students — in theory.

In practice, teachers believe the tests take too much time away from classroom learning; results aren't delivered in an efficient way, there are issues with technology and English Language Learners have difficulty with them.

A survey of 476 teachers, conducted by the Alberta

Teachers Association, found that 72 per cent of respondents felt the SLAs did not benefit their Grade 3 students.

ATA president Mark Ram-sankar said the latest itera-

tion of the exam has strayed far from its original principles.

"Going all the way back to the beginning and rebuilding it from the ground up is the way we'd like to see this addressed," he said.

Education Minister David Eggen admitted there are problems with the procedure, including the test itself.

"I'm making sure I gather the information and assess it properly," he said.

AARON CHATHA/METRO

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David Eggen

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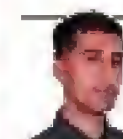


Brent Kennedy, who helped care for Ulysses when he was found on the rig, and his family have welcomed the cat into their home. AARON CHATHA/METRO

New odyssey for Ulysses

FELINE'S FROLICS

Novel ending as 'Gulliver' ends his travels with nine more lives



Aaron Chatha
Metro | Calgary

The cat formerly named Gulliver, who hitched a ride from Toronto to Calgary on a Bison Transport truck, has found a home with a Calgary family.

Brent Kennedy cared for the Russian Blue cat during the month it spent at the Bison Transport dock, before giving him to the Meow Foundation to help him find a new home.

At some point during his time with the meowificent feline, however, Kennedy was whiskered off his feet and decided to adopt the cat from the Meow Foundation.

Kennedy has given the foot-loose feline the permanent name Ulysses and is now bringing him back home.

It's been a slow, but pawsi-

tive adjustment.

"He has never been a domestic cat," said Kennedy. "All the contact and all the exposure he's receiving is brand new to him. Essentially, he's learning how to cat."

Kennedy said Ulysses still gets scared sometimes and withdraws from contact — at which point the family gently picks him up, brings him to an open area, and patiently pets him until he's OK.

Ulysses has also only recently begun purring. At first Kennedy said the cat's purr sounded broken, but has gradually been growing louder and more confident.

Still, he doesn't always act like the typical cat.

"He's unlike any other cat I've ever experienced, there is no resistance whatsoever to him being picked up," he said. "It's like picking up a sleeping baby — a bit, wet, non-resistant thing."

"If he wants to get off of you, he doesn't do cat things — he just shifts his weight and sort of oozes off of you."

In the short time he's been with them, however, Kennedy said he's becoming part of the family.



All the exposure he's receiving is brand new to him. Essentially, he's learning how to cat.

Brent Kennedy



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Shawnee meets pushback

DEVELOPMENT

Possible tree loss worries neighbours of ex-golf course



Brodie Thomas
Metro | Calgary

A developer's plan to build high-end homes on the former Shawnee Slopes golf course is still meeting resistance from the nearby community.

The City of Calgary is holding an open house Tuesday night to bring residents up to speed on the latest plans. The developer, Cardel Homes, also will be displaying its latest plans.

Nearby residents' main concern now is the loss of mature trees to development, according to Peter Snell, secretary-treasurer for the Shawnee-Evergreen Community Association.

"We want to retain two-for-one tree replacement. They take one tree out, they put



Residents near the **planned Shawnee Slopes development** are concerned about losing too many mature trees to the new homes going up. CONTRIBUTED/PETER SNELL

two in," said Snell, who added the city has suggested only one-for-one replacement.

Mike Selinger, Calgary Regional President with Cardel Homes, believes the development will allow for

a new urban forest in the long run.

"We're going a bit beyond the city's standard specs for trees," said Selinger.

He said the property has about 2,500 trees right now,

and it will have 3,300 when the development is done.

The company is also trying to plant larger trees, although older trees are less likely to survive transplants.

Just how many trees will be

"We want to retain two-for-one tree replacement. They take one tree out, they put two in."

Peter Snell

removed is still up for debate. The city of Calgary is asking the developer to retain at least 37 per cent of the trees currently on site.

Cardel Homes believes the retention rate should be at 25 per cent.

Angie Dean, the city planner assigned to the project, said after the September 2014 snowstorm, arborists assessed the trees and found that all deciduous trees on site were either dead or dying — and that accounted for 48 per cent of the property's trees.

Both the city and the developer have arguments for arriving at the percentage they want to retain.

It will be up to council to make the final call at the end of the process.

MUSIC

Ship and Anchor changes its role at folk festival

The Ship and Anchor is saying, 'Fair Winds,' to the Calgary Folk Music Festival this year.

The Ship has partnered with Folk Fest since 2004 for its annual song contest. That won't be the case for 2016.

But it's all good — the Ship will continue to allow local musicians to perform in front of a panel of local judges for cash prizes.

The Ship will be the sole producer so Folk Fest can focus on new programming directions, according to a release.

"We've launched new initiatives this year, including our recent Block Heater festival, and hence weren't able to commit the necessary staff and resources to the song contest this year," said folk fest executive director Debbi Salmonsén.

"We are pleased that the Ship and Anchor is continuing the event this year, allowing local songwriters a continued opportunity to showcase their talents." METRO

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Alex Court stands on the green roof of her building — an initiative she hopes will catch on and break up the city's grey.
AARON CHATHA/METRO

Prairies hit rooftops

PILOT PROJECT

Company goes local with native grasses for green roofs



Aaron Chatha
Metro | Calgary

Imagine a romantic moonlight stroll through the prairies, with your only concern being the starlight in your lover's eyes — and not accidentally toppling over the edge onto the street below.

Calgary company Native Roofs has begun a pilot project to create green roofs for Calgary homes and businesses. Alex Court, operations manager, said it's becoming a popular initiative in big cities around the world, but hasn't caught on in Calgary yet because of the city's cold winters.

Their answer: native prairie grass. Unlike that snooty, imported Kentucky Bluegrass, which takes constant work to maintain, native prairie grass

doesn't need much watering or fertilizer.

"You don't have to do that with native plants," said Court. "They're able to survive the cold weather because they're meant to do it."

Court said it also helps reclaim the endangered grass — only 10 per cent of Canada's native prairies remain intact.

For businesses and homeowners, the roofs also help the houses look nicer and reduce heat loss by 10 to 30 per cent. Native Roofs has had a green roof since 2007, which Court said has saved them \$3,600 over the course of a year in energy costs.

"Having a green roof also actually increases the lifespan of a roof membrane," she said, adding the conventional roof lifespan is about 15 years, but a green roof can extend that to about 40 years.

It works on sloped roofs as well and can be customized to become a habitat. Court said wildflowers can bloom in the summer, logs and branches can be added for birds to perch on, and residents can create bat boxes or bee habitats, directly above where they sleep at night.

“ (Native plants) are able to survive the cold weather because they're meant to do it. Alex Court

EMERGENCY PREPAREDNESS

Calgary 311 flooded with mitigation calls



Helen Pike
Metro | Calgary

Calgarians have flooding on their minds as the city nears the third anniversary of 2013's historic flood.

On Monday, Coun. Diane Colley-Urquhart questioned city administration on the urgency of flood mitigation that could protect the City of Calgary and other jurisdictions

in Southern Alberta.

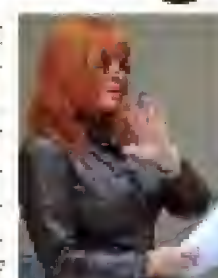
"We can't wait another three years," said Colley-Urquhart.

According to city manager Jeff Fielding, they're hearing a deluge of concerns from Calgarians.

"You're absolutely right; the No. 1 issue right now on 311 through our call centre is public inquiries about flood issues and what we're doing about it as an organization," said Fielding.

Fielding suggested administration draft a letter for the province to outline the importance of the mitigation projects.

Rob Pritchard, general manager for Utilities and Environmental Protection, said the city's upstream protection project in



Diane Colley-Urquhart
METRO

Springbank is years away from completion because of land acquisition complications.

"Once Springbank is done and the Glenmore dam work is done, we will have achieved significant flood protection on the Bow River," Pritchard said.

"It's going to be a lot harder to figure out what to do. We're entering into community engagement this year and hoping to come back to council in early 2017."

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Larger deficits than projected: Federals

BUDGET

Shortfall likely to exceed \$20B in wake of big-ticket promises

The federal government is projecting a deficit of at least \$18.4 billion next year, a shortfall nearly five times the projections from just three months ago and well past the \$10-billion limit promised by the Liberals.

When the government unveils its maiden budget on March 22, the deficit could well exceed \$20 billion once a number of big-ticket Liberal campaign promises — including infrastructure spending — are factored in.

Finance Minister Bill Morneau staged a campaign-style town-hall event Monday to deliver the bad news and reassure Canadians who might be reconsidering their ballot-box choice last October.

"Given the economic situation in which we find ourselves today, Canadians made the

right choice" by voting Liberal, Morneau said.

The federal Finance Department is also predicting a \$15.5-billion deficit in 2017-18 — more than six times its estimate last fall of \$2.4 billion.

The Liberals are banking on some of their spending vows to help revive economic growth and create jobs in Canada's struggling economy.

The calculations are based on an average projected oil price of \$40 for 2016, down from \$54 in the government's fall update,

and projected growth of 1.4 per cent, down from two per cent in the fall.

Finance says the fiscal projections are about \$2 billion lower per year because recent developments have been accounted for, including the Liberals' changes to the income-tax brackets and Canada's operations in the Middle East.

Ottawa also adjusted its deficit forecast for 2015-16 — a shortfall is now projected to be \$2.3 billion rather than the previous estimate of \$3 billion. THE CANADIAN PRESS

I know the cries will get louder over the next few weeks, but I won't have budget 2016 simply become a knee-jerk reaction to recent economic shifts.



Bill Morneau
THE CANADIAN PRESS FILE



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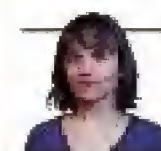
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Sydney radio host Rob Calabrese has launched a website titled Cape Breton if Donald Trump Wins, which has created a surge of interest in the island's real estate. CONTRIBUTED

TRUMP FACTOR

Cape Breton real estate sees burst in American inquiries



Yvette d'Entremont
Metro | Halifax

A website encouraging Americans concerned about Donald Trump's rise in the Republican party to move to Cape Breton has created a surge of interest in the island's real estate.

On Feb. 15 Sydney radio host Rob Calabrese launched a website titled 'Cape Breton if Donald Trump Wins.'

Calabrese told Metro last week that he initially launched the site as a joke. He had been following the American election closely, including the debates and Trump's controversial stances on banning Muslims from the country and building a wall on the Mexican border.

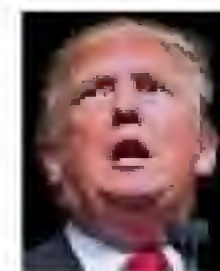
His website struck a chord. Calabrese has since received national and international media

attention. His website has so far garnered more than 200,000 visitors, and he has received assistance from Destination Cape Breton to deal with thousands of inquiries from Americans.

Canadian real estate listings website Point2Homes has also experienced a surge in traffic from Americans seriously considering a move to Cape Breton.

"Data collected from our website shows that despite some considering the story a joke, many Americans took it quite seriously," Point2Homes spokesperson Roxana Baiceanu said in an email to Metro.

"We're seeing almost 40,000 daily visits on average on the Cape Breton listing pages, all coming from the U.S. In addition, more than 200 emails have



Donald Trump
GETTY IMAGES

been sent to agents or friends."

Baiceanu wrote on her real estate blog that Cape Breton real estate searches via Point2Homes have jumped by 3,450 per cent since they shared Calabrese's story last week.

Last Friday, the number of visits to that website's Cape Breton listings pages spiked to more than 50,000.

"Not only that, but at least two dozen potential home buyers have sent emails to agents, showing their interest in houses on the island," she wrote on her blog.

Although Calabrese had initially tried to personally respond to all the questions posed by Americans checking out his website, he has since posted a 'Frequently Asked Questions' section to clarify the intentions of the site.

metro EXCLUSIVE

Ottawa's Peace Tower policy sparks colourful conundrum



Haley Ritchie
Metro | Ottawa

The federal government has been inundated with requests from charities and causes to light up the Peace Tower on Parliament Hill — so many, in fact, that the department responsible for illuminating the historic building is at a bit of a loss for how to handle them all.

So now Canadian Heritage is scrambling to come up with an official strategy to deal with all the requests.

"In order to manage such requests and to ensure that the symbolic integrity of the Peace

Tower is maintained currently and in the future, a strategy for dealing with these types of requests is required," says a memo sent to former heritage minister Shelly Glover last September.

Metro obtained the document under the Access to Information Act.

Last year, the Peace Tower was lit up in pink lights to mark the birth of Princess Charlotte — just as it had been lit up in blue for the birth of her older brother, Prince George, in 2013. The building was basked in a green hue after former finance minister Jim Flaherty, who was of Irish heritage, died in 2014. In those cases, the govern-

ment paid the associated costs, but the tower has also been lit to support a number of causes, including breast cancer awareness, childhood cancer awareness, International Girls Day and World Autism Day.

All the options provided to the department are blacked out in Metro's copy of the memo to Glover, and the department declined a request for an interview to discuss details about the new illumination policy, which is still in the works.

But the memo does caution that the Peace Tower "must not be used as a commercial promotional tool, as per the rules established for the use of Parliament Hill."



Democratic presidential hopeful Sen. Bernie Sanders greets people at the Brookland Baptist Church in West Columbia, S.C. Sanders and Hillary Clinton continue to battle for primary voters as South Carolina holds their Democratic primary Feb. 27. POE RAEDLE/GETTY IMAGES

Black vote crucial to Democrat race

UNITED STATES

Clinton has edge over rival; Sanders has to win support

Bernie Sanders has eight days to win the hearts of black voters in the Deep South.

Sanders, a senator from America's second-whitest state, has never before had to build a black following. If he doesn't do it immediately, he likely can't beat Hillary Clinton for the Democratic presidential nomination. And he sure isn't doing it yet.

South Carolina's primary is Saturday. Sanders and Clinton are in a dead heat for its white voters. For many of its black voters, Clinton might as well be running unopposed.

Most of them first heard Sanders's name in the past year, some of them in the past week. Even voters who know of his record say they have tuned him out. Their vote was se-

cure the moment Clinton announced.

In three South Carolina polls released last week, Clinton led Sanders 73 to 19, 63 to 21 and 63 to 23 among African-Americans. While Sanders did better with blacks under the age of 30, there was no sign of the white-millennial Berniemania that gripped New Hampshire.

Without such a groundswell, a dramatic race might turn fast into a rout. Black voters are half of the primary electorate in South Carolina. On Super Tuesday, March 1, they make up a hefty share of the vote in six southern states. Clinton's smallest lead with blacks in those states: 40 points.

Sanders is scrambling to trim the gap. He is running a stirring ad featuring the daughter of Eric Garner, a black man killed by police. He is stumping with a former NAACP leader. And

his campaign has played up his youthful civil rights activism.

But black Democratic elites have come out in force for Clinton. Sanders has not deviated much from his core message, which emphasizes income inequality over racial inequality.

“

He governed in a very, very Reagan-like way on issues of concern to blacks.

Prof. Robert Smith on Bill Clinton's record

It is criminal justice where Clinton might be vulnerable, said Robert Smith, a San Francisco State University political science professor. Bill Clinton signed a harsh 1994 crime bill that caused an explosion in

black imprisonment.

"To many of us who have studied (Bill) Clinton and his record very carefully, the kind of affection that blacks have for him and his wife is not earned," Smith said. "He governed in a very, very Reagan-like way on issues of concern to blacks. I don't think most black, ordinary voters are aware of that."

TORSTAR NEWS SERVICE

Kalamazoo suspect admits to shootings

The Uber driver suspected in a series of three random shootings in Michigan admitted carrying out the seemingly random attacks that killed six people, a prosecutor said Monday.

Jason Dalton waived his right against self-incrimination before making the statement to authorities, Kalamazoo County prosecutor Jeff Getting said.

Dalton's statements were used to file charges of murder and attempted murder Monday, two days after the rampage in the Kalamazoo area.

Dalton appeared in court via



People gather and pray at Center Point Church following a mass shooting in Kalamazoo, Mich. TASOS KATOPODIS/GETTY IMAGES

video to hear the charges. He was ordered held without bond

and will get a court-appointed attorney.

If he's convicted, the murder charges carry a mandatory life sentence. Michigan does not have the death penalty.

Kalamazoo County Sheriff Richard Fuller said Uber is cooperating with law enforcement officials. Investigators are particularly interested in communication between Dalton and Uber, as well as customers he might have driven, the sheriff said.

Questions about motive and Dalton's frame of mind are "going to be the hardest to answer for anybody," Fuller said. THE ASSOCIATED PRESS

IN BRIEF

Cosby's wife speaks to charges against husband

Bill Cosby's wife Camille, who has stood by him despite sexual-assault allegations, was deposed Monday in a defamation lawsuit filed against him by seven accusers. She did so at a hotel in Springfield, Mass. THE ASSOCIATED PRESS

U.S. and Russia not helping peace in Syria, UN says

War crimes are "rampant" in Syria, and the conflict is "a multisided proxy war steered from abroad by

an intricate network of alliances," a UN inquiry said Monday. It said the U.S., Russia and regional countries ostensibly pushing for peace "continue to feed the military escalation."

THE ASSOCIATED PRESS

Cuba declares war on mosquitoes for health

Cuban President Raul Castro is dispatching 9,000 soldiers to help keep the Zika virus out of Cuba, calling on the entire country to help kill the mosquitoes that carry the disease. THE ASSOCIATED PRESS

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STARBUCKS

Loyalty program overhauled

Starbucks is changing the terms of its rewards program so that people who just get a regular cup of coffee will have to spend significantly more to earn a freebie.

The Seattle-based coffee chain says its loyalty program will award stars based on dollars spent starting in April across the U.S. and Canada.

Currently, people earn a star for each transaction, regardless of how much they spend, and get a free foodstuff or item of their choice after earning 12 stars.

People will now have to earn 125 stars for a free item, with each dollar spent being worth two stars — meaning they have to spend \$62.50 to get a free item. That means that people who now spend around \$5 or less per visit are losing out.

Starbucks Corp. says the change is the No. 1 request among loyalty program members and predicts it will lead to higher spending by customers eager to earn more stars.

THE ASSOCIATED PRESS

FEDERAL ELECTION

New Canadians, young people 18-24 cause of high turnout



Luke Simcoe
Metro | Toronto

The surge in voter turnout during the 2015 federal election was driven largely by young people and new Canadians.

Sixty-seven per cent of voters ages 18 to 24 cast a ballot in October, compared to only 55 per cent in 2011, according to data released Monday by Statistics Canada. A similar spike was observed among Canadians who've had citizenship for less than a decade — 70 per cent said they voted last year, versus 56 per cent in 2011.

The increased turnout may have more to do with the specifics of the election — which ousted the Conservatives and propelled Justin Trudeau and the Liberals to power — than



Experts say Prime Minister Justin Trudeau's "upbeat" campaign was one reason he resonated with the electorate. **About 67 per cent of young people cast ballots in the 2015 general election, while 70 per cent of new Canadians made their voices heard.** AFP/GETTY IMAGES

a renewed sense of political participation, experts say.

"I don't think it's a coincidence that turnout was up among young people when both the Liberals and the NDP were looking very strong," said Ryerson University politics professor Daniel Rubenson. "Young

people tend not to support the Conservative party."

It also helped that Trudeau ran an "upbeat" campaign and was cast as a youthful alternative to established politicians, said York University professor Dennis Pilon.

"People like to see people

like themselves in the political system," he said.

It's incumbent on politicians to ensure high turnout among youth and immigrants isn't just a blip, Pilon said.

"If we want to keep youth voting up, if we want to keep multicultural voting up, then we

“

We need to address the serious economic problems those groups are facing.

Dennis Pilon

need to address the serious economic problems those groups are facing," he said. "A government that would take up youth employment, for example, in a serious way would recruit a solid base of supporters."

"It would make those people say 'politics matters.'"

Other strategies to increase turnout could include lowering the voting age, adopting a proportional representation system, or even making voting mandatory, Pilon said.

"The evidence from countries that use compulsory voting is that it's more inclusive," he said. "Political parties have to think of the different kinds of voters who will show up and craft policies to cater to them."

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DAILY TREAT

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ASHLEY MADISON

Police probe U.S. site over alleged data post

Utah authorities are investigating a website for allegedly posting data from the Ashley Madison hack.

According to warrants filed in a Utah court, the State Bureau of Investigation is investigating a website and Facebook page for publishing the personal details of Ashley Madison customers from the southern Utah area.

The website and Facebook page, both titled "AM Southern Utah," were allegedly created with data stolen from the Toronto-based Ashley Madison.

No one has been charged with a crime.

"Our cyber unit has an investigation in Southern Utah related to the Ashley Madison hack," said a spokesperson for

State Bureau of Investigation in an email. "Because it is currently an active investigation we are not able to provide more details at this time."

Ashley Madison, which helps people have extramarital affairs, was hacked in July, and millions of customers had their information leaked online. Toronto police are investigating the hack, and working with the FBI and other law enforcement agencies. Since the hack, numerous people caught up in the hack have reported being targeted by online extortionists, and Toronto police said the attack may be related to hate crimes and two unconfirmed reports of suicide.

TORSTAR NEWS SERVICE



Police are investigating a Utah website for allegedly posting hacked Ashley Madison data online. THE ASSOCIATED PRESS FILE

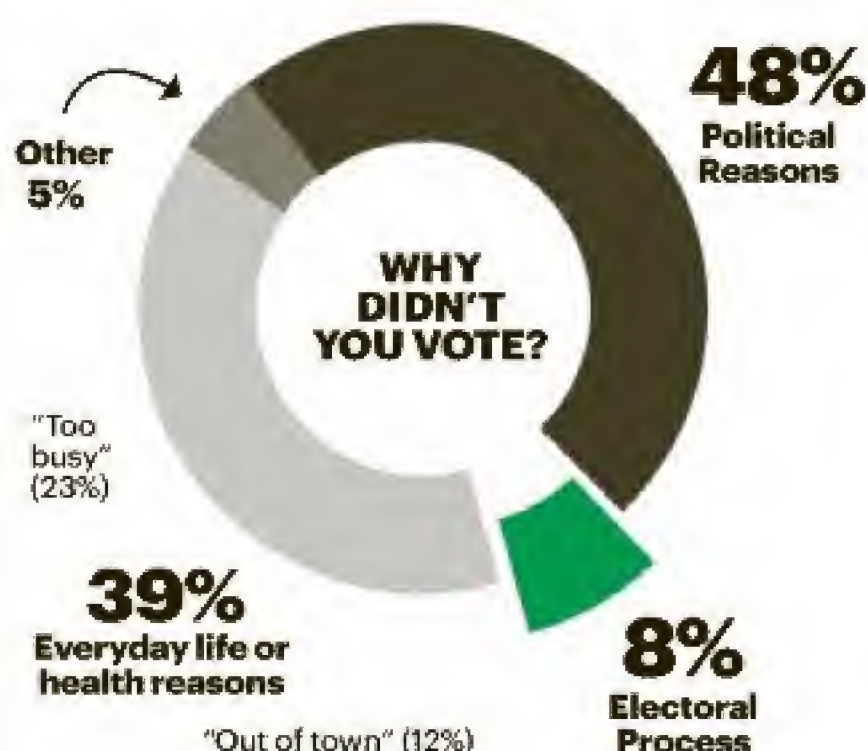
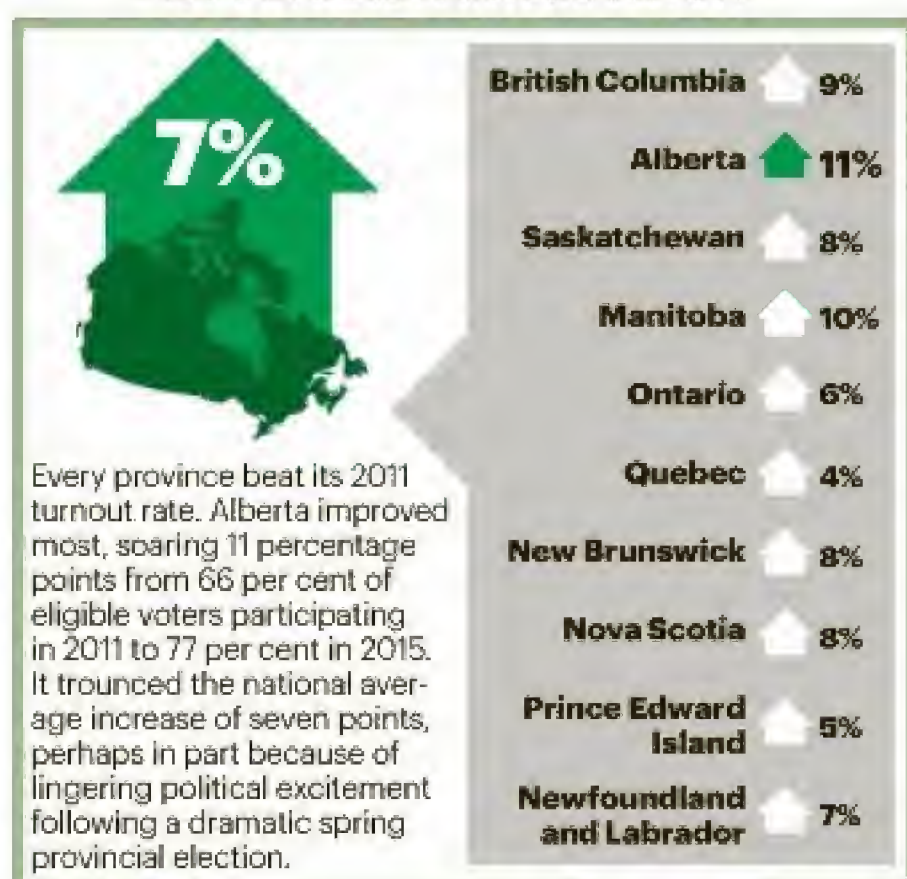


READY TO ENGAGE | 2015 Election voter turnout

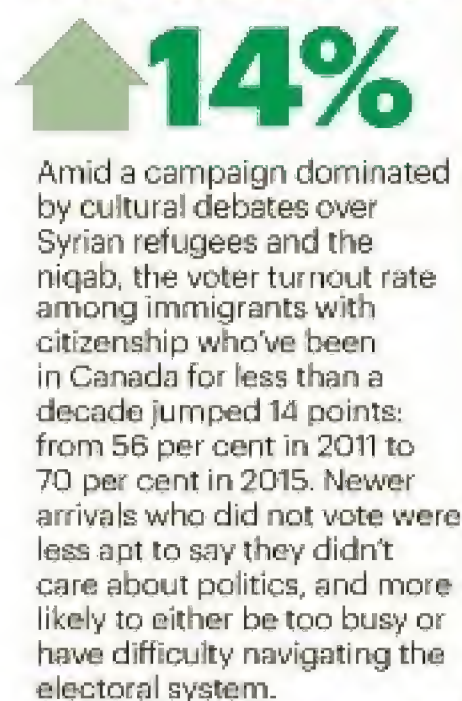
A milestone for Canada

During the fall election campaign, Metro asked if young, urban Canadians were ready to engage with the issues — and put their engagement into action by showing up to vote. You were more than ready: Self-reported voter turnout surged in every province and demographic group, according to a Statistics Canada report released Monday. Seventy-seven per cent of eligible voters said they cast a ballot, up from 70 per cent in 2011. We break down who voted, who couldn't figure out how to vote and who had nothing but excuses, excuses.

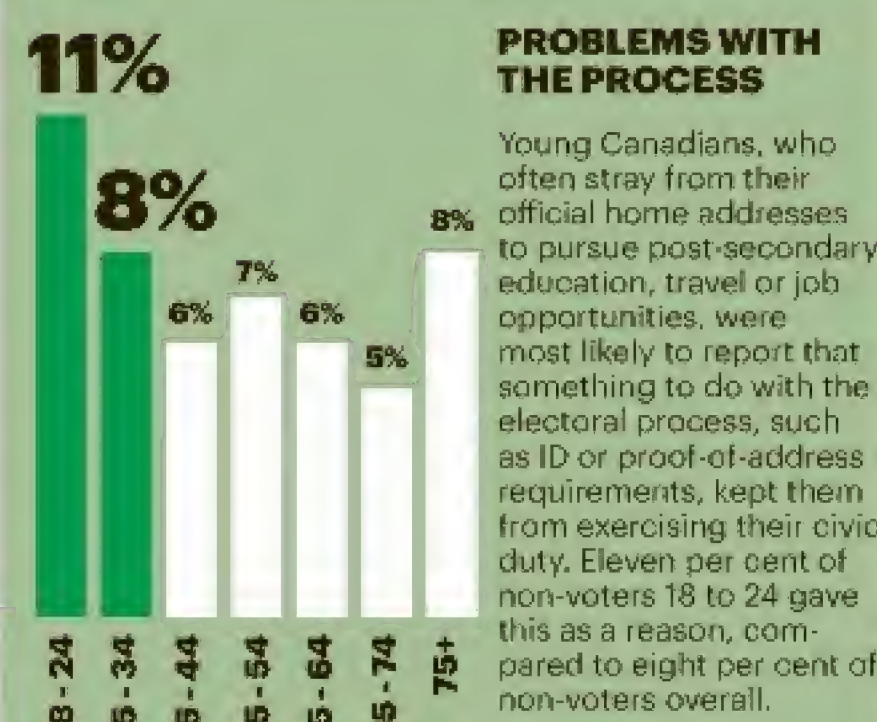
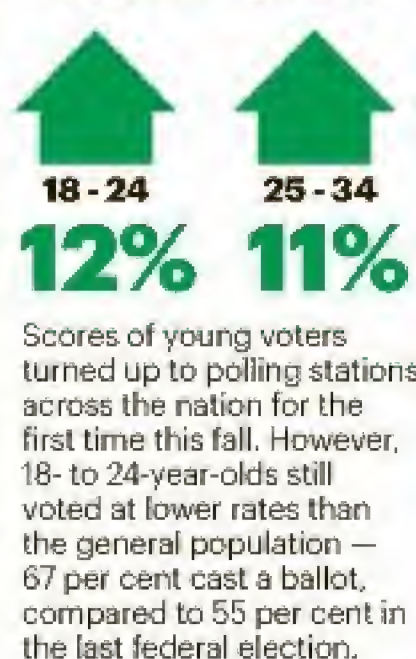
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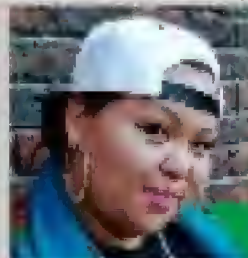
YOUTH VOTERS



GRAPHICS BY ANDRÉS PLANA/METRO

METRO ASKED | What does the surge in youth voter turnout mean to you?

In the lead-up to the election, Metro met with young, politically active voters from cities across the country. Jerilynn Webster, 26, said she was concerned about indigenous children in care, welcoming refugees and protecting the environment. Rodney Diverlus, 25, spoke out against student debt and racial inequality.



JERILYNN WEBSTER
Rapper, spoken-word artist
Vancouver
 I feel like young people are the experts in knowing how to create justice, how to create safety for our communities — because we want justice for our children, missing women, our environment, refugees.



RODNEY DIVERLUS
Co-founder, Black Lives Matter Toronto
 I felt that this election, a lot of young people I knew were really excited to engage.... Whether or not we agreed with the results, this election at least had the potential for new leadership.

ROSEMARY WESTWOOD

metroview

Meritocracy is a myth. Pointing that out will still get you harassed.

There is a limit to last wishes beyond the grave.

Which is too bad for Dr. Victor Priebe of Windsor, Ont., a radiologist who loved photography and public libraries, but apparently didn't care for non-white people or lesbians.

Priebe, who died Jan. 1 at 83, set up two science bursaries in his will, which is replete with blatant hatred and which an Ontario judge has struck down because it is "white supremacist, homophobic and misogynistic."

The will stipulated one bursary for "Caucasian (white), male, single, heterosexual students" who are "not afraid of hard manual work in their selection of summer employment," and another one to benefit a "hard-working, single Caucasian white girl who is not feminist or lesbian."

In her ruling, the National Post reported, the judge relied on a 1938 Supreme Court decision, which allowed the overturning of wills that are offensive to public standards (in this case, the Ontario Human Rights Code).

Priebe's will is certainly offensive, and absurdly, laughably, quaintly out of date.

Yet we still needed, upon Harper Lee's death last Friday, to celebrate her novel *To Kill A Mockingbird* as a perpetually relevant tool to grapple with resilient discrimination, a map for "how to go forward after a moment of blatant injustice."

in the words of one New York Times commenter.

White supremacy and sexism may be legally out of date, but whiteness, maleness, power and privilege are still deeply entwined in the West. And while it's easy to laugh at an old man's will (what's with all the "hard-working" stuff?), some are not so keen to actively rebalance the inequality with which it's imbued.

Take the crowd that attacked BuzzFeed's Scaachi Koul — and forced her off Twitter — after she sent a call out for freelancers who were non-white and non-male. Koul, a rising voice on racism and sexism and a once-formidable Twitter presence, was ridiculed for her tone ("ugh, men" she tweeted). Maclean's Scott Gilmore charged her, ridiculously, with labour-rights violations. She got the predictable rape threats. She made the obvious counter-argument: "Giving ignored voices preferential treatment is not racism against white people. It is an attempt to fix all of history," she tweeted before suspending her account.

This is where we are: An imagined meritocracy blankets our lopsided press, business elite and politics, and pointing that out gets you harassed. Priebe might not be getting what he wanted, but his would-be beneficiaries continue to do just fine without him.

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YouTube superstar takes her sparkle to L.A.



Internet sensation and Scarborough, Ont. native Lilly Singh has moved to Los Angeles to capture the energy of the city's entertainment industry. CONTRIBUTED

#SUPERWOMANI

Lilly Singh is off to show biz capital after her world tour

It's been an unexpected and eventful journey from the Scarborough, Ont. home where Lilly Singh first became a YouTube star to the bright lights of Los Angeles.

In between, there was a whirlwind global tour in 2015 that included 31 shows in 27 cities — most of them sold out — chronicled in the documentary *A Trip to Unicorn Island*, which premiered on YouTube Red earlier

this month. "Everything that people love about my videos and channel online, I wanted to bring it to a stage and bring it to cities across the world. There were a lot of places that I'd never been such as Trinidad, such as Hong Kong," says Singh, a comic and motivational speaker.

"The biggest highlight was meeting the fans from all over the world. You make videos online and you see analytics and comments. But there's something special about seeing people's faces in real life."

The tour didn't come without its "hiccups," including visa problems in India and a stage in Adelaide, Australia, that was barely large enough for Singh and the eight backup dancers she

brought along. In Dubai, employees of the theatre smoked prodigiously throughout the show.

"The schedule was quite ambitious, especially to begin with. India is a hard country to start with because it is on the opposite (side) of the world. So you had to adjust to not only the weather and the food and the climate (but) also the time," Singh recalled.

"So our first six shows back to back were in India and after the sixth show, I was hospitalized already from dehydration and exhaustion," she added.

The tour and the new film are just the latest triumphs in an unlikely success story that began in 2010 when Singh started posting comedy videos from her bedroom enclave.



I still love YouTube — but I would really love to get into TV and film.

YouTube star Lilly Singh

Last year, Singh was listed No. 8 on Forbes list of YouTube millionaires and more recently landed on its influential 30 Under 30 list of emerging stars.

Besides a clothing line, Singh has two YouTube channels, *ISuperwomanII*, where she continues to post her Monday and Thursday "scripted comedy" videos for an estimated 7.8 million fans, and *SuperwomanVlogs*,

where she posts a daily blog for her "super-fans."

For Singh, the next logical step was heading to Los Angeles, a move she made early in the new year.

"One of the main reasons I moved to L.A. is because there's like-minded people there, people in the same industry as me. So you have that motivation and drive because when you look around, you see everyone else doing something and so you feel guilty if you're not doing something," Singh said.

"That energy is exactly what I need to flourish in my career at this point. Almost everybody in the (entertainment) industry lives in L.A. so it's very easy to collaborate and bounce

ideas off each other."

Former WWF star Dwayne "The Rock" Johnson, who has become a solid box office draw as an action star, has become a mentor. (Johnson makes a brief appearance in *Unicorn Island*).

"We have yet to work together, but he does kind of guide me through a lot of things. It would be my dream to work with him on a creative project one day," Singh said.

"I would love to get into TV and film. I've been auditioning and I love acting the few times I've done it. I'd love to get into that world not necessarily instead of YouTube — I still love YouTube — but I would really love to get into TV and film."

TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I'M WATCHING

Dogs, pop stars tressed to impress

THE SHOW: Grammy Awards (CTV/CBS) and Westminster Kennel Club Dog Show (USA/CNBC)
THE MOMENT: The Promenade

One by one, the most celebrated of their ilk stride the carpet and pose. Judges rate their teeth, their grooming, their gait. Some grin, some snap, some quiver. Eventually, they're herded into small groups where they compete head to head, often with others utterly unlike them. Many receive awards, but there's only

one Record of the Year. I mean, Best in Show.

The Grammy Awards and the Westminster Kennel Club show happened on the same night this year. Flipping between them, I got confused. On one channel was Common, in polka-dot lapels; on the other was CJ, a spotted German pointer. Here an announcer described a spaniel as having a "merry demeanor;" there, Adele grinned. Taylor Swift's blonde bob shone; so did the white bob on the Hairless

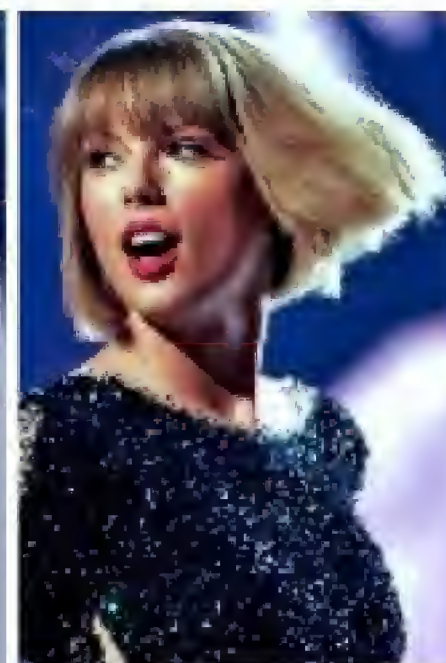
Chinese Crested.

The black and white Shih Tzu wore its hair in barettes; Janelle Monae, also in black and white, sported pigtails and a bellhop cap. Beyoncé and a Borzoi dazzled in silky white. Here came a lovely red Cirneco dell'Etna, there went lovely red-head Florence Welch. And just as an announcer called Italian greyhounds "affectionate to the point of neediness," John Legend and Chrissy Teigan appeared.

The Grammys gave out 83

prizes; the WKC recognized 187 breeds. Both were exhaustive, dizzying displays of grace, discipline and hair styling. But how anyone could choose between a bulldog, a German shepherd and a Skye terrier — I mean, between Taylor Swift, Bruno Mars and The Weeknd — I'll never know.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



A Maltese competing at the WKC dog show, left, and Taylor Swift at the Grammys. AFP/GETTY IMAGES; LOS ANGELES TIMES/TNS



YuMee Chung demonstrates the Levator Scapula Layover stretch. TORSTAR NEWS SERVICE

Take the tension out of your layover

THE MOVES

This yoga stretch will help unwind neck muscles

YuMee Chung
Torstar News Service

There are few things more stressful than a super short layover. By the time you've de-planed and made a mad dash between gates (if not terminals) with a carry-on bag and personal items in tow, you'll definitely need a vacation. This yoga move can be done in the moments before you board your next flight to unwind tense neck and shoulder muscles.

Levator Scapula Layover

1. Hold your bags with your left hand and/or shoulder, allowing the arm to hang heavy and the shoulder to be pulled towards the ground.

2. Lay your head to the right, as if you mean to place your right ear on your right shoulder.

3. Use your right hand to reach over and take hold of the left side of your head. Think of this hand as encouraging a slow, organic release rather than forcing a sudden stretch.

4. Breathe into the left side of your neck for eight slow breaths.

5. Next, turn your nose down toward your right shoulder and move your right hand slightly towards the back of your head.

6. Breathe into the back of your neck for eight slow breaths.

7. Remove the right hand and use it to manually move your head into an upright position.

8. Repeat on the other side.

FLEXIBILITY
A healthy neck can lean over laterally at an angle of about 45 degrees

Get to know your fight-or-flight muscles

The levator scapulae (levator scap for short) are sometimes referred to as fight-or-flight muscles because they are notorious for firing under stressful conditions. They hunch shoulders and bring the chin forward.

Over-activity in this muscle pair can lead to neck pain and stiffness. A healthy neck can rotate about 80 degrees to both sides and can lean over laterally at an angle of about 45 degrees.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

HEALTH BRIEF

Breastfed children need Vitamin D supplements

Children should continue receiving a daily dose of Vitamin D as long as they are breastfeeding, including toddlers who consume other foods and fluids, according to researchers.

While breast milk is "the near perfect food," one thing it doesn't contain enough of is Vitamin D, says pediatrician Dr. Jonathon Maguire of St. Michael's Hospital in Toronto.

Especially in northern countries like Canada where mothers don't get as much sunlight.

As a result, organizations such as the Canadian Paediatric Society have long recommended infants receive supplement drops of Vitamin D, which is important for building strong bones and preventing rickets and chronic diseases.

The researchers from St. Mike's and the Hospital for Sick Children found the risk of Vitamin D deficiency rose by six per cent for every month babies were breast-fed past age one.

TORSTAR NEWS SERVICE

PUBLIC HEALTH

Charlie Sheen's HIV disclosure boosts awareness

Actor Charlie Sheen was called a lot of things during his bad-boy days. Until now, public health promoter wasn't one of them.

Sheen's revelation that he's infected with the virus which causes AIDS prompted the greatest number of HIV-related Google searches recorded in the United States since 2004, and more than 1 million of them involved public health-related information.

That's according to a new study from San Diego State University research professor John Ayers and colleagues, who examined the impact of the announcement Nov. 17 by the former star of TV's Two and a Half Men.

"While no one should be forced to reveal HIV status, Sheen's disclosure may benefit public health by helping many people learn more about HIV infection and prevention," the researchers wrote in a report published Monday in JAMA Internal Medicine.

They analyzed Google trends data along with news trends from a Bloomberg LP terminal system from 2004 through three weeks after Sheen's announcement.

Given historic trends, there were almost 3 million more searches about HIV on Nov. 17 than expected, and more than 1 million were related to important public health messages because they included search terms



Charlie Sheen disclosed his HIV status on NBC's Today show on Nov. 17 last year. There were almost 3 million more searches about HIV on Google that day. THE ASSOCIATED PRESS

for condoms, HIV symptoms or HIV testing.

The study doesn't list the total number of HIV-related searches that day on Google.

The researchers also found there were more than 6,500

HIV-related news stories — not counting duplicates from the same news source — on Google News alone on Nov. 17, reversing a decade-long decline in news reporting about the virus.

Sheen's tumultuous profes-

1 million

The number of public health-related HIV searches on Google on Nov. 17, the day Charlie Sheen disclosed his HIV positive status.

THE ASSOCIATED PRESS

sional and personal life has made news before — for public outbursts, drug and alcohol use and

prostitution.

The study didn't look at the online impact of those headlines.

The researchers noted that former NBA star Magic Johnson sparked increased HIV awareness when he disclosed his own infection, in 1991, before the Internet was so ubiquitous. They said public health authorities could leverage the "Charlie Sheen effect" to keep the spotlight on HIV awareness, and that Sheen's disclosure could potentially have a greater impact because of how connected people are to infor-

mation.

About 1 million people across the United States are HIV-infected but government estimates say about 150,000 of them don't know it — emphasizing the importance of better awareness, Ayers said.

A journal editorial says public health authorities face a challenge when blockbuster celebrity health news surfaces, and need to make sure useful health information is easily accessible to consumers at such moments.

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CAMP GUIDE

Spring break an active opportunity

Spring and summer breaks are the best time for kids to try something new and amp up their activity level.

"Your child can try horseback riding for the first time or try sailing," said Katherine Janson, spokeswoman for ParticipACTION. "It's a great opportunity to give kids exposure to different things in small bites and find out what they like."

The mantra at ParticipACTION is kids need at least an hour of heart-pumping activity each day. And just because kids have busy schedules over the break doesn't mean they're active, Janson noted.

To be physically active for life kids need to try a variety of activities, she added. Rather than focusing on one sport it's healthier for them to try a number of activities in different settings like in the water or on the slopes.

"If you think about it as giving them the



ISTOCK

opportunity to get out there and explore what they love then you're really going to be setting up for a more active life overall."

And it doesn't mean signing up for sports camp: many camps geared towards science or art for example also include a physical component.

"What we'd love for parents to do is consider the whole child when they're choosing a camp. So even if it's focused on math or robotics, make sure they have time to play outside freely with their new friends before, during and after."

It's also a good idea, if possible, to walk to

the camp to get in some extra exercise, she said.

Angela Hildebrand, with the YMCA, has lots of advice for parents when it comes to picking camps. First it needs to be fun and engaging with a high activity level which will leave kids tired by the end of the day.

Also look for camps where kids can meet new friends in a safe environment where the counselors are experienced and know first aid.

"It's important to keep a regular routine through that week," Hildebrand. "When schedules get disrupted it's difficult for the whole family."

Downtime is also important throughout the break, she added, but it's ideal if that downtime happens after being physically active at a camp all day.

Jennifer Taplin

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Getting educated in the great outdoors

Adventure school offers students high school credits

Education doesn't just happen between the pages of a book or from a teacher at the front of the class. For students in Alberta, the Progressive Academy's Mountain Adventure School offers the opportunity to mine the great outdoors for educational advancement and personal growth.

"It's a two-week program that allows students to gain high school credits while participating in adventure activities, explained Lana Ohler-Madsen, a member of the Mountain Adventures School Team.

The program enables student to obtain credits that meet the province's career and life management, and physical education mandates. On-site, in-class work is augmented by outdoors activities including canoeing, hiking, climbing, and other outdoors activities such as wilderness living skills development.

"Some students come because they want to open up their academic selections," Ohler-Madsen explained, adding that by completing mandatory requirements during the summer, students are able to take other



CONTRIBUTED

electives during the school year. "Other students want to experience the outdoors and enjoy learning that way.

"We get a big cross section of students, but they all leave with an incredible experience and learning new life skills."

The school is located in Rocky Mountain House. People interested in registering for the program, should visit progressiveacademy.ca. Classroom spaces are limited and filled on a first-come, first-served basis. Those who do not receive registration are placed on a waiting list.



ALL PHOTOS ISTOCK



Day camps offer children many benefits

Just because school's out, doesn't mean the education has to stop. And for children attending day camps, there's a world of opportunity just waiting to be discovered.

For Sue Joorisity, the marketing advisor for the City of Calgary recreation department, which is responsible for the city's day camp program — one that last year registered more than 8,400 children between three and 17 years of age — there are so many benefits for youth.

"There are lots of reasons why parents choose to send their children to day camp. Part of it is the care aspect with people working," she said. "But a bigger part of it is that it helps kids make friends, improve self-confidence and self-esteem, creates independence, and makes recreation and fitness part of everyone's life."

No matter what your interest or inclination, chances are there's a day camp that meets your needs. From sports-focused activities to intellectual pursuits, in Calgary at least, there's something for everyone with hundreds of camps, more than 20 locations, covering 75 themes.

Joorisity explained the city receives feedback from the participants and their parents and that feeds the program development. "We try to be trendy and we try to keep up with the times," she said, adding that is why the city offers so many technology focused day camps, including game development, 3D animation, and music and video production.

Deanne Rommens, the recreation program specialist for the City of Calgary, said that camps help to fill a void that many of today's children face in a technologically driven and hyper-connected world.

"Children don't know how to play anymore," she said. "Some children, you put them in a room, with no technology, they don't know what to do. This helps them develop creativity."

"The parents are very happy — it can be an educational piece. It's easy to sit (children) in front of the TV. We want to get them at an early age and show them the value of what they can do when they step out the door."

For the City of Calgary, the expected outcome is simple. "We make happy campers."

SAIT SUMMER CAMPS

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5 PLAYERS WHO COULD BE ON THE MOVE

As the NHL marches toward the Feb. 29, 3 p.m. ET trade deadline, the pressure will be amped up on GMs who think they can make the playoffs, or who think they are a player or two away from the Stanley Cup, to make deals. But who will be traded? Here are the most likely suspects.



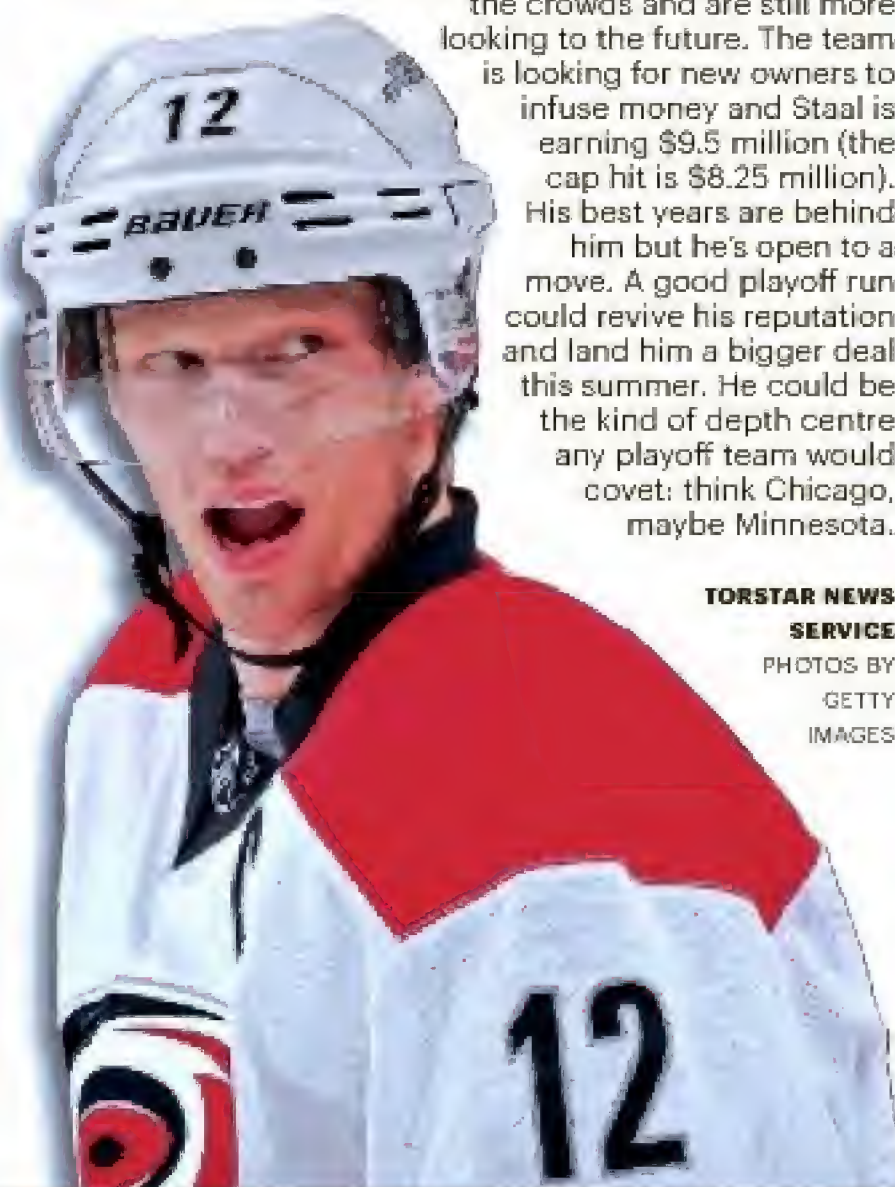
1 Jonathan Drouin, LW, Tampa Bay

The 21-year-old holdout quit the minors to force the hand of GM Steve Yzerman to make a trade. The most likely landing spot is Colorado, where centre Nathan MacKinnon would love to be reunited with his former Halifax Mooseheads winger.



2 Andrew Ladd, LW, Winnipeg

A leader and a solid two-way player, a consistent producer offensively and a reasonable salary (\$4.5 million), he'd fit into any playoff-bound team. The Corsi crowd loves him. The Jets are in the cat-bird seat here, and will get a solid return for their captain who is headed for unrestricted free agency. There could be a bidding war for him between teams such as L.A. and Florida.



3 Eric Staal, C, Carolina

GM Ron Francis has not asked Staal to waive his no-trade clause. But he wouldn't do that anyway until he had an offer he wants. Staal is in the driver's seat and it's a conundrum for Francis, a former teammate who won Carolina's only Cup with Staal. The Hurricanes are better than expected this year, maybe a year ahead of schedule, but aren't getting the crowds and are still more looking to the future. The team is looking for new owners to infuse money and Staal is earning \$9.5 million (the cap hit is \$8.25 million). His best years are behind him but he's open to a move. A good playoff run could revive his reputation and land him a bigger deal this summer. He could be the kind of depth centre any playoff team would covet: think Chicago, maybe Minnesota.

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4 Dan Hamhuis, D, Vancouver

GM Jim Benning might not be as all-in on a youth movement as Canuck fans want him to be, but Hamhuis would garner a big return. Hamhuis signed a cap-friendly deal to continue playing for the Canucks and got a no-trade clause because of it. The \$4.5-million cap hit would fit nicely into just about any team looking for a top-four defenceman.

5 Kris Russell, D, Calgary

At 28, Russell is in the prime of his career and looking for a July 1 raise from the \$2.6 million he is currently making. He would fit on any blue line, although the analytics crowd say he's overrated. The Flames want him back, but aren't afraid of testing the trade market just to see what they could get. They're a young team and could part with a veteran blue-liner for the right price. The Flames are also looking to move veteran winger Jiri Hudler.



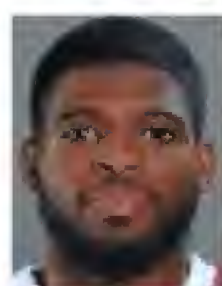
NHL

Subban reportedly hits baby with puck

A one-month-old baby girl is recovering in hospital after reportedly getting hit in the head with a puck at a Montreal Canadiens' public practice Sunday.

Valérie Meloche, the baby's mother, wrote on Facebook that P.K. Subban tossed the puck into the crowd, which accidentally knocked the infant unconscious.

The Montreal Gazette is reporting the baby suffered a concussion and is under super-



P.K. Subban
GETTY IMAGES

vision at the Montreal Children's Hospital and is in stable condition. Meloche took to social media to thank the people that came to her and her daughter's aid. The baby is expected to recover after the accident.

REBECCA WILLIAMS/METRO

IN BRIEF

Leafs unload two more vets

The Toronto Maple Leafs continue to purge their roster ahead of the Feb. 29 trade deadline.

A day after sending forward Shawn Matthias to Colorado, the Leafs have dealt defenceman Roman Polak and centre Nick Spaling to the San Jose Sharks in exchange for second-round draft picks in 2017 and 2018 along with forward Raffi Torres. The Leafs also sent captain Dion Phaneuf to Ottawa earlier this month. THE CANADIAN PRESS

Bautista names his price

Toronto slugger Jose Bautista says he has let the Blue Jays know what it would take to keep him, and he's still waiting for an answer.

Bautista is entering the final year of his contract, and he said at spring training Monday he sees no need for a lot of back-and-forth negotiations. The 35-year-old outfielder is coming off a 40-homer season and has made \$64 million over the past five years. THE ASSOCIATED PRESS



SCOTTIES ALBERTA UTILIZING HOME-ICE ADVANTAGE

Alberta's Chelsea Carey got a 9-8 win over Northern Ontario at the Scotties Tournament of Hearts on Monday to remain the only unbeaten rink in the competition at 4-0 ahead of her match against Prince Edward Island in the evening draw. Go to metronews.ca for results. JONATHAN HAYWARD/THE CANADIAN PRESS

RECIPE Leek and Artichoke Frittata



PHOTO: MAMA VIVIANE

Ceri Marsh & Laura Keogh
For Metro Canada

Get your Tuesday going with a dinner of green eggs (but no ham, although, we guess you could add that). We love the slightly salty hit of the goat cheese against the smooth eggs and artichokes.

Ready in
Prep time: 5 minutes
Total time: 20 minutes
Serves 4

Ingredients

- 1 Tbsp olive oil
- 1 leek, washed thoroughly and sliced thinly
- 2 cloves garlic, minced
- 1 can of artichokes, drained (14 oz)
- 3 scallions, sliced
- 8 eggs
- 1 Tbsp Dijon mustard

- Salt and pepper
- 2 oz goat cheese crumbled

Directions

1. Preheat the oven to 350 F.
2. In a large, oven-proof skillet, warm up the olive oil over medium heat. Sauté the garlic and leeks until they soften, about 3 minutes. Now add the artichokes and stir.
3. In a large bowl, whisk together the eggs, Dijon mustard, and season with salt and pepper. Gently pour the eggs over the vegetables in the skillet. Sprinkle the goat cheese and scallions over top.
4. Carefully place the skillet in the oven and bake for 15 minutes, until the frittata is set. Serve with a green salad.

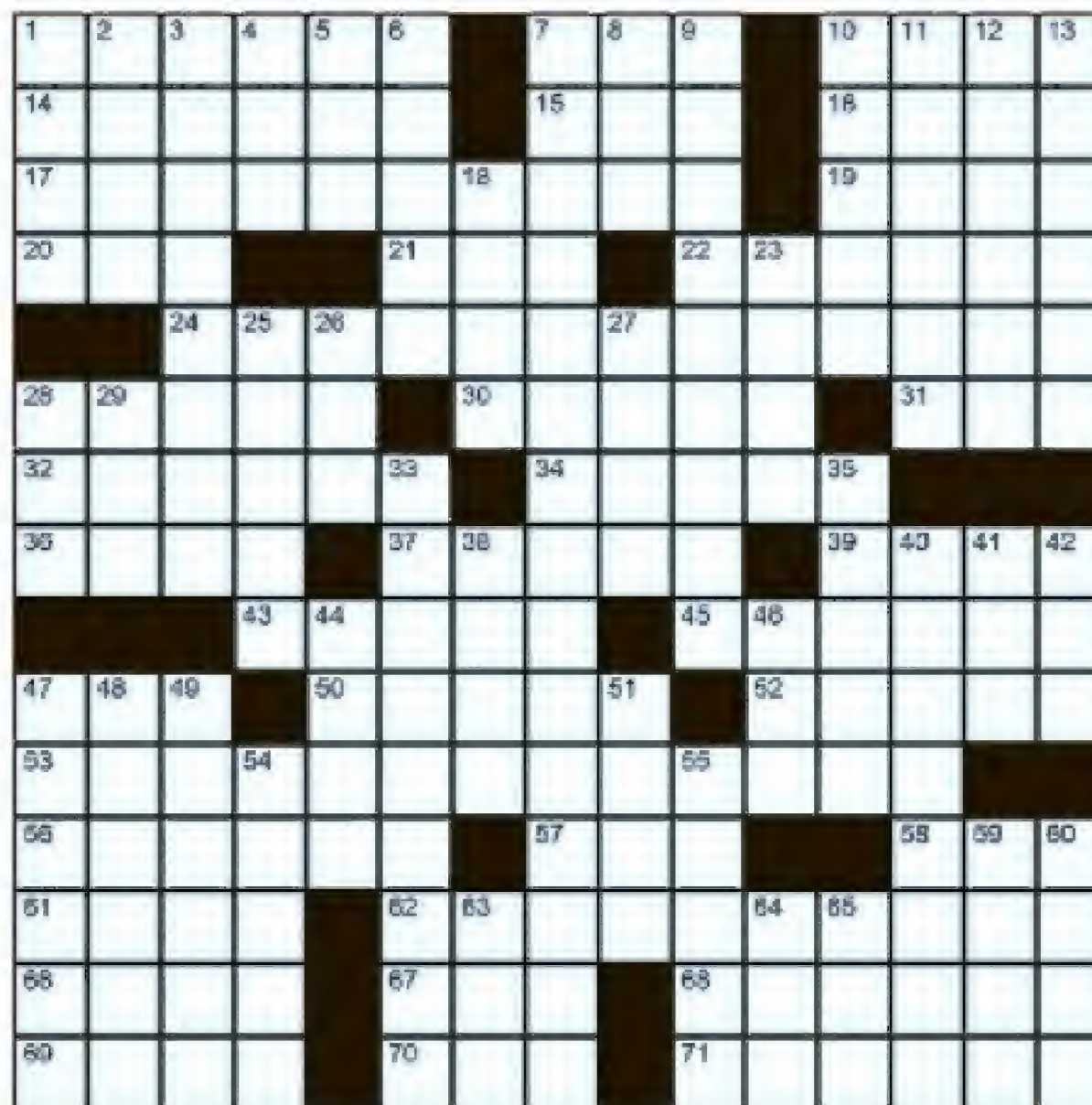
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. The _ of the Shrew
7. Pen brand
10. Everly Brothers: "Let It _"
14. Prefix to 'phonic'
15. Tokyo, formerly
16. Malefic
17. 1957 to 1966 crime drama ...more at #24-Across: 2 wds.
19. Salami shop
20. Six: Italian
21. Mother goddess of Thebes
22. W.C.'s surname
24. On the American show at #17-Across, Canadian actor Raymond Burr starred in the title role as a what?: 2 wds.
28. _ pipe
30. Ms. Hatcher's
31. Firearms org.
32. Cling causer
34. Defeats
36. Morns opposites in verse
37. Hooting hatchling
39. Mr. Baldwin
43. Emmy-winning actress Ms. Woodard
45. 1981: "The Stroke" by Billy _
47. Periods beyond regular hrs.
50. Work _ _ (Masterpiece)
52. Video game pioneer
53. Canadian Cheddar might be a selection on one: 2 wds.



56. Cherry: French
57. WWII operation, _ Jima
58. Imaginary globe line, e.g.
61. Hand-me-down
62. Mailing services locale: 2 wds.

66. Wrinkle
67. Away
68. Purple flowers
69. Ivan's terrible gig
70. Olde-style contraction
71. 19th-century Pointillist painter

DOWN

1. Cutlery components, curly
2. To _ (Exactly)
3. Tragically Hip's "At the Hundredth _"
4. Somehow flawed [abbr.]
5. Napoleonic Wars

6. Gum: French
7. Popular books often top them: 2 wds.
8. Nuptials vow: 2 wds.
9. Clashes
10. Cover with droplets

11. Singer, _ "Champagne" King
12. More balmy
13. Defence electronics firm of Israel
18. Uncle's wife
23. "May _ a question?"
25. _ _ hole in (Corrodes)
26. Bus. day
27. Buffalo's lake
28. Cattle disease, commonly
29. Path [abbr.]
33. Morning cup filler: 2 wds.
35. Lightly fry
38. Sandwich type
40. Jim Carrey comedy: 2 wds.
41. 'Musket' suffix
42. Heartfelt protest, _ de coeur
44. Team's setback
46. Q. "Is there a _ _ the end of the 'Avenue' musical?" A. "Yes."
47. Supernatural
48. Dissertation
49. Canadian songstress Ms. Ryder
51. "I _ I taw a puddy tat!" - Tweety Bird
54. Downy duck
55. Wrenches and drills
59. Medieval silk/gold fabric
60. Quiz
63. Arles affirmative
64. "Phooey!"
65. Winter bug

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You will have a hard time controlling your emotions. Be warned though: if you blow your top you may offend someone powerful. Whatever the issue, it's not the end of the world, so calm down.

Taurus April 21 - May 21
The more you tell others what to do today the more they'll do the opposite to spite you. Some people do not like to be directed. This is not the time to come on strong.

Gemini May 22 - June 21
You are trying so hard to please one person that someone else feels neglected. If you want both relationships to survive you are going to have to be more even-handed.

Cancer June 22 - July 23
You know from bitter experience that if you try to please everyone you end up pleasing no one, so aim to please the one person who truly matters — you. Your generosity will be taken for granted today so don't waste it.

Leo July 24 - Aug. 23
You won't see eye-to-eye with someone over a business or financial matter. Give the situation a bit more time and it will resolve itself.

Virgo Aug. 24 - Sept. 23
You may fear the worst over a partnership matter but you are being way too pessimistic. This is just a passing phase and by the end of the week you will be the best of friends again — and maybe more than friends too!

Libra Sept. 24 - Oct. 23
Changes in your working routine may not be to your liking but in the long-term they will work in your favour. Progress will come whether you want it to or not, so be smart and work with the forces of change.

Scorpio Oct. 24 - Nov. 22
No one has the right to tell you how to behave or how to manage your affairs. There is no point arguing with certain people, just get on and do what feels right to you.

Sagittarius Nov. 23 - Dec. 21
Jump to conclusions today and chances are they will be wrong. Wait before deciding if someone has let you down. Later you'll realize that you got the wrong end of the stick.

Capricorn Dec. 22 - Jan. 20
Get tough. Let whoever's giving you a hard time know you'll no longer stand there and take what they dish out. You're under no obligation to be nice to those who aren't nice to you.

Aquarius Jan. 21 - Feb. 19
Something needs to be brought into the open. Face up to what has come between you and a friend or family member and find ways to deal with it. There may be a few tears but it will all come right in the end.

Pisces Feb. 20 - March 20
Yesterday's full moon is still having an effect, not least by stirring up old rivalries. There may be a few harsh words today but you must not hold any grudges.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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